

### ABSTRACT OF THE DISCLOSURE

A hand held instrument for inserting an acetabular liner into acetabular cup is provided. The instrument includes a bulb syringe, a shaft and a head configured to sealingly engage an acetabular liner to create a sealed area between the acetabular liner and the head. The bulb syringe is used to create a vacuum in the sealed area and/or to force air into the sealed area. After the acetabular liner is placed into an acetabular cup, the vacuum is released and/or air is forced into the sealed area to force the acetabular liner off of the head.